

# Brachial Plexus Injury Newsletter

## In this edition...

Welcome to the Summer 2014 edition of Brachial Plexus News. There's lots of interest in this edition.

## We have...

- **New Product**
- **Adventures Down Under**
- **Traumatic Brachial Plexus Injury Group UK**

## New Product

Beverley and Lyndsay saw this at an exhibition and were impressed by the potential use for those of you who struggle with one handed tasks of a light nature such as hanging out washing, taking cleaning things round the house, carrying light objects, tidying up toys, taking toiletries / make up / clothes from place to place.



PackaPouch™ is a unique hands free carrier. The wrap-around style allows the carrier to sit comfortably on the body, it is evenly supported over both shoulders and the contents of your bag are secure and easy to reach. If you want the freedom to lift and carry items in a supported way then PackaPouch™ will reduce bending and twisting movements to make your life easier.

PackaPouch™ can carry many items, the range and choice is yours. Existing customers and focus group users have used PackaPouch™ to:

- **tidy toys around the home**
- **hang out laundry**
- **catch hedge trimmings in the garden**
- **carry shopping**
- **take on a day out filled with handbag and flask and other bits'n'pieces**
- **distribute leaflets**
- **carry the dogs toys and snacks on their daily walk**

PackaPouch™ is used by males and females in a small range of colour designs. Both Deluxe and Drawstring will fit an upper chest size of 32" to 50" (82x127cm).

We have a trial/sample one available in the clinic for anyone who may want to give it a go and provide feedback to us and the company.

Why not visit their website for a look at it?

[www.packapouch.co.uk](http://www.packapouch.co.uk)

**BW**



## Adventures down under!

Beverley was fortunate to have a paper accepted and be invited to present at the Australian and New Zealand Nursing Association International Conference in Australia in October/November 2013.

The paper was presenting a 9 year review of the Scottish National Brachial Plexus Injury Service and her role as Clinical Nurse Specialist.

She set off with a colleague from another hospital and arrived in Melbourne a few days before conference to acclimatise. Beverley took the opportunity to do a bit of sight seeing and incorporated trips and challenges into that time (including going to the top of the 2nd highest building of 94 floors and out in a glass box called The Edge, that revealed yourself out there to the sound of breaking glass – not for the faint hearted!)

The 3 day conference was a much more casual event than us Brits are used to attending but the Oz nurses were most hospitable and welcoming. The audience of approximately 350 came from around the globe including Australia, New Zealand, Bali, Hong Kong, Singapore, Malta, Sweden, Latvia, UK, Channel Islands, USA and Canada.

Beverley's paper was well received and stimulated a good question and answer session from those present who were previously unaware of the brachial plexus. This provided a great opportunity to spread the word about the injury and our service too.

After that it was a bit of a break for Beverley as she took leave days to go to Sydney and once again faced a challenge and successfully climbed through the girders and up and over the Sydney Harbour Bridge... the view made it all worth while!

It may have been a long way to go to talk about brachial plexus injury but every opportunity has to be seized to educate others about this condition (and at least the sun shone!).

BW



## Departure of physio

It was with much regret that we said goodbye to our physio Lyndsay Pawlikowski at the turn of the year. She has headed off to the USA due to her husband's job and is now settling in with their son to make a new life out there. She is already being missed from the service and we await a replacement for the position of physio to the team.

## Traumatic Brachial Plexus Injury Group UK

Tbpi-group.org is a website created for and by adults who have a Traumatic Brachial Plexus Injury (TBPI). The primary purpose of their website is to supply information and support to adults coping with a TBPI and to help achieve a better understanding of the impact these injuries may have on the individual and their family.

The committee and group voluntarily give of their time and energy to this website and associated activities. A couple of years ago some of them did a motorbike run from John O'Groats to Land's End calling at TBPI centres along the way including us at the New Victoria Hospital, Glasgow.

Beverley has been regularly invited to their August Annual General Meeting held in Yorkshire to present on different topics. Last year she spent the weekend with them giving presentations about aspects of her work with particular focus on dealing with post traumatic stress disorder. The group also had an invited personal injury lawyer present who talked about the recent changes to the benefit system (disability living allowance to personal independence payment).

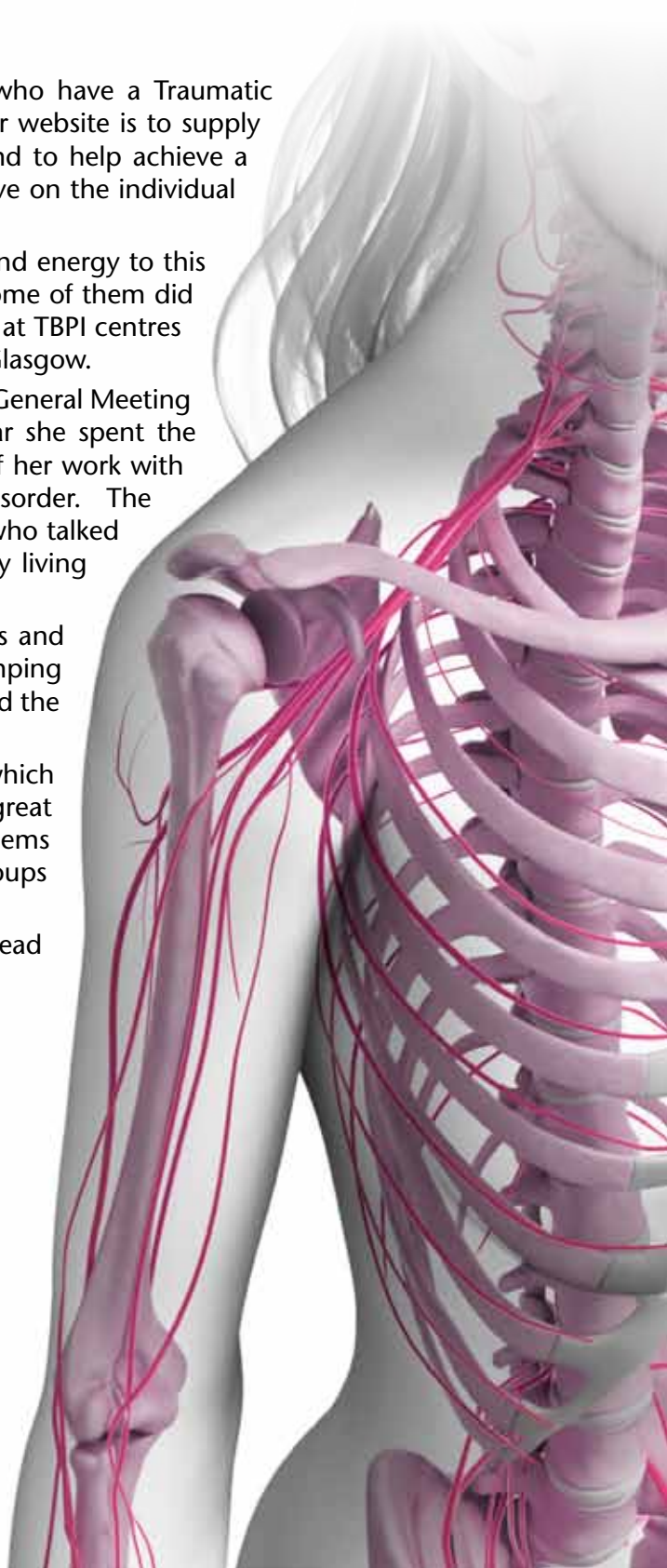
The weekend was well attended by old and new patients and their families with many of them making use of the camping facilities on site (though Beverley confesses to have declined the offer of a berth in a camper!).

Don't be intimidated by the presence of the website which can appear to be dominated by male bikers as it is a great resource for sharing queries and finding solutions to problems with fellow TBPI folk. There are both sexes and all age groups represented so have a look.

If you're looking for a weekend away in July then why not head to Yorkshire and join them!

Check their website for information

[www.tbpi-uk.org](http://www.tbpi-uk.org)



## STUDY DAY

Unfortunately our planned Spring study day for healthcare professionals has been postponed till later in 2014. Further details will be announced on the website in due course.

**POSTPONED**



## SERVICE ADMINISTRATOR

Our service administrator David McKay will be away from post for about a year and we have just recruited a temporary replacement to keep things ticking along.

Welcome to Johnny McCrum who will have the same contact details.

**Tel 0141 201 5186**

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